

How to Find Community Resources for People with Developmental Disabilities

An Action Guide for Families

*(This Community Resource Guide is also available at
www.metrokc.gov/dchs/ddd/.)*



***King County
Developmental Disabilities Division
Seattle, Washington***



This material is available in alternate formats upon request.
Voice (206) 296-5214 / TDD (206) 296-5238.



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ö *Introduction* ö

What *is an action Community Resource Guidebook?*

This action guidebook tells you how to take action to obtain the resources that best meet your family member's needs. The resources you will learn about in this guidebook are agencies, programs, groups, and individuals that will provide you with valuable information and support.

This guidebook gives you more than just a list of community resources. It also provides you with practical tips and suggestions about how you can begin to acquire and use these resources as easily and quickly as possible. This guidebook was put together by professionals who work in the field of developmental disabilities, family members of persons who are developmentally disabled, and concerned citizens.

Who *can benefit by using this Community Resource Guidebook?*

Every family that has a member with a developmental disability will find this resource guidebook helpful. Teachers, guardians, and advocates will also find this guidebook useful. Within this guidebook you will find listings for resources such as housing, employment, education, recreation, senior services, and more.

Why *was a Community Resource Guidebook developed?*

The purpose of this resource guidebook is to provide families, teachers, advocates, guardians, and other interested parties with the basic information needed to locate and acquire resources in King County that will improve the life of a family member who has a developmental disability. This guidebook will also tell you about programs and agencies that are specifically designed to provide support to people who are members of an ethnic minority group. So, regardless of your family needs this guidebook will be a great help when you are trying to locate culturally specific resources for a family member.

Where *are the resources described in this guidebook located?*

All of the agencies, programs, and information sources that are listed in this guidebook are located in King County. To make it easier for you to contact these places, you will find telephone numbers and descriptions of groups, agencies, programs, and other sources of support listed in this guidebook.

When *should you begin your search for the resources that your family member needs?*

The time to start is now! Do not delay! Look for resources before a crisis occurs. When you are attempting to acquire services or support, you may not always get your needs met as quickly as you like. So if you get started soon, you will have a better chance of getting what you need. Remember, all of the resources in this guidebook are there for you, but it is up to you to go after them.

ö *Getting Started* ö

Before you make your first phone call, here are a few tips that will make it easier for you to get the resources you need for your family member.

- **Action** is the magic word when you are attempting to get whatever your family member needs. Action means that you will have to make telephone calls. Action means that you will sometimes have to go to the places that offer the services you need. Action means that you should be prepared to do as much as possible yourself to make things happen as quickly as possible.
- Your **Attitude** is your most important asset. If you maintain an attitude of patience, persistence, and cooperation you will get what your family member needs as soon as possible with as little frustration as possible.
- **Patience** on your part will eliminate a lot of the frustration you might feel when dealing with both large and small service systems. Occasionally, many of the places that you contact will move slower than you might wish. Unfortunately, some agencies, programs, and other public resources are understaffed and underfunded.
- **Persistence** on your part will help to insure that you receive what your family member needs. So, do not give up when problems or delays arise. No matter what the problem is, there usually is a way to solve it. But you will need to keep trying. Sometimes you will discover that the service you need is only one more phone call away.
- **Cooperation** on your part is necessary when you are trying to get what your family member needs. Remember, no matter what type of help or support you are attempting to acquire, you will encounter rules, regulations, and paperwork. This guidebook will help you find people and agencies to assist you with necessary paperwork.
- **Preparation** on your part will make everything go faster and easier. When you call any agency, program, group, or person and try to get what your family member needs, you should be prepared to state the needs clearly and simply. This will be easier if you have written down your questions or requests before you call. This will save time and help you get exactly what your family member needs. Also, when you make telephone calls have a pen and paper handy to write down any information that you might receive.

MAKE A CHART to help organize your calls

Where	Name of place called
Who	Name of person you spoke with
When	Time and date you called
What	Information received
Next Step	What to do next

- To take advantage of any resource you learn about, you will probably make a number of telephone calls. Before you conclude a call, make sure you know **Where, Why, Who, When,** and **What**. Where did you call? If you call more than one place you should write down the name of each place, so you will remember which place provided important information. Why did you call? Make a note to yourself about the reason you called a particular place. Who did you talk with? Write down the name of the person who actually spoke with you. When did you call? Make a note of the time and date that you called. What were you told? Make a note of the information you received. This type of information will be useful in your efforts to obtain community resources. Also, make sure that you know what to do next.

- Although this guidebook will provide you with lots of places to start looking for resources, do not stop here. These telephone numbers are starting points. Call for the free and low-cost books, booklets, and newsletters listed in the **Additional Resources** section of this guidebook. Also, you can learn about many community resources by talking to friends and relatives. You can also try looking in the Yellow Pages of your telephone directory. Are there any groups or organizations in your community that could provide information? If your family member has been determined eligible for services by the state Division of Developmental Disabilities (DDD), ask your Case Management Team about available resources. In other words, if you try to discover many community resources, you will multiply your chances of finding and getting what your family member needs.

- When you make telephone calls, if you have any difficulty with English, ask whether there is an interpreter available. Of course, not every place you call will be able to provide interpreter service, but do not hesitate to ask about it. If this service is not available at an agency that you call, maybe one of the culturally specific agencies listed in this guidebook will provide this service for you.

- When you are pursuing information about a particular resource, do not forget to mention your family member's disability and special needs. Does your family member need an attendant, or a companion? Are there any special medical problems? Are there any language barriers?

If you use these suggestions, you soon will be locating and obtaining community resources for your family member. You will find additional suggestions throughout this guidebook.

ö *How To Use This Guidebook* ö

For best results first read the Introduction, then read Getting Started. Next consult the Table of Contents and turn to the section that interests you. The resources listed in this guidebook are divided into sections such as transportation, employment, and health care. There are four parts to most sections:

1. **Tips:** Here you will find techniques and ideas that have helped others in their quest for community resources. Read them, use them. They will work for you.
2. **General Resources:** Here you will find listings for agency programs that can be used by everyone. There are telephone numbers you can call for immediate information and to request written information.
3. **Developmental Disabilities Resources:** To take advantage of the resources listed under this heading, your family member must be declared eligible for services by the State Division of Developmental Disabilities (DDD).
4. **Culturally Specific Resources:** Here you will find telephone numbers for agencies and programs that were designed for persons and families who belong to specific ethnic minority groups. Many agencies are multilingual, but all languages and dialects are not listed because they may change when an agency's staff changes. Only an agency's primary language is listed, you must call to find out what languages are currently spoken at that culturally specific agency. In this guidebook, some resources are listed more than once. While these lists do not include all resources in King County, they do provide many places to start searching for community resources. Soon you will know how to develop a resource list designed specifically to meet your family member's needs.

KEY

TDD	Telecommunication Device for the Deaf
TTY	Text Typewriter (a telecommunication device for the deaf)
V/TTY	Telephone has both voice and TTY capability
DDD	Division of Developmental Disabilities (State)
KCDDD	King County Developmental Disabilities Division

A DEFINITION

To be considered developmentally disabled, your family member must have at least one of the following conditions: mental retardation, cerebral palsy, epilepsy, autism, or another neurological condition similar to mental retardation. The disability must occur before age 18; it must be expected to continue indefinitely; and must result in a substantial handicap.

ö **Advocacy** ö

What are advocacy groups? These are groups of concerned citizens and parents who work together to support a particular cause or goal. Several types of advocacy groups that you might find helpful are listed in this section. Most of these groups are concerned specifically with promoting better services and enhanced self-esteem for persons with developmental disabilities. Advocacy groups are there to support you and your family member. Frequently, they can supply you with answers and suggestions that will make it easier for you to obtain what your family member needs. The listing for each group includes a brief description. Read about the groups listed. If you think a particular group could be of assistance, call them for more information. Develop a relationship with an advocacy or parent group. You will find that these types of groups can be helpful and supportive for years to come. Remember, the following list is only partial, but by calling and asking questions you will learn about other advocacy and parent groups in your community.

Tips **Advocacy Groups**

1. Advocacy groups usually operate on low budgets. So, instead of speaking with someone immediately, you will sometimes have to leave your name and telephone number on an answering machine.
2. Advocacy groups are a good source of information for you. If you exercise patience, you will be rewarded with ideas about community resources.
3. Members of advocacy groups are there because they care. These groups are usually composed of family members of persons with developmental disabilities or people with developmental disabilities themselves. Frequently they can give you inside information that you would not get anywhere else.
4. If you run into problems or have complaints about any of the programs or services that you contact, an advocacy group might be able to give you advice.

General **Advocacy Groups**

Washington Advocates for the Mentally Ill ☎ (206) 461-3899, 1-800-782-WAMI,
TDD (206) 545-6563,
<http://www.behavenet.com/wami>
Seeks to improve the quality of services to persons who are mentally ill.

Citizens for the Improvement of Nursing Homes ☎ (206) 545-7053, 1-888-322-2464
Citizen advocacy group with goal of making life better for all persons living in nursing homes.

Developmental Disabilities Resources

Advocacy Groups

People First of Washington ☎ 1-800-758-1123

Self-advocacy support groups for people with disabilities. Many chapters in King County. Call their 800 number for the People First chapter nearest you.

The Arc of King County ☎ (206) 364-6544, TTY (206) 364-7438,
<http://www.members.aa.net/~thearc>

The Arc is an advocacy organization of parents and professionals providing services for people with developmental disabilities and their families from the time of diagnosis throughout the person's lifetime. Ask to speak with an advocate who can connect you with one of Arc's advocacy groups.

Washington Coalition of Citizens with disABILITIES ☎ (206) 545-7055, TDD (206) 632-3456,
<http://www.premier1.net/~wccd>

King County Self-Advocates Project ☎ (206) 632-4633

Project promotes support groups for consumers, with focus on self-advocacy. Also provides one-on-one self-advocacy training for consumers.

Washington Protection & Advocacy System ☎ (425) 776-1199 or 1-800-562-2702,
TTY (206) 720-0209 or 1-800-905-0209

<http://www.halcyon.com/wpas>

Provides free protection and advocacy services to people with disabilities in Washington state. Services include information and referral, legal representation, and publications. Call for free newsletter.

Culturally Specific Resources

Advocacy Groups

El Centro de la Raza, Frances Martinez Community Service Center ☎ (206) 329-7960,
<http://www.elcentrodelaraza.com>
Spanish spoken.

Chinese Information & Service Center ☎ (206) 624-5633 or (425) 861-4211
Cantonese, Mandarin, Cambodian spoken.

National Association for the Advancement of Colored People (NAACP) ☎ (206) 324-6600
Provide services for African-Americans.

United Indians of All Tribes Foundation ☎ (206) 285-4425

Developmental Disabilities Resources

Parent Support Groups

Autism Society of Washington ☎ (360) 943-2205

<http://www.autismsocietyofwa.org/>

Provides parent support groups for families with children who have been diagnosed as autistic or with pervasive developmental disorder.

Epilepsy Foundation of Washington ☎ (206) 547-4551 or 1-800-752-3509,
TTY 1-800-828-1140

Ask for person in charge of Parent Support Group. The group provides peer support for parents of children and adults with epilepsy.

Families for Early Autism Treatment, Washington (F·E·A·T) ☎ (425) 557-3745

Organization of parents of children with autism. Assist families who choose intensive early intervention programs. Provide variety of resources and support.

Grandparents Raising Grandchildren ☎ (360) 493-2559, 1-800-422-3263

<http://www.eclipse.com/grandsrus>

Support groups for grandparents or other relatives raising grandchildren, nieces, nephews, etc. sponsored by the State of Washington Aging and Adult Services Administration. Call to find the support group nearest you or email Hilari Hauptman at Hhauptma@dshs.was.gov.

King County Parent Coalition for Developmental Disabilities ☎ (425) 883-6721

The parent coalition is composed of representatives from parent groups and school districts in King County. Call to find out about parent groups that are taking action on issues of interest to your family.

The Arc of King County ☎ (206) 364-6544, TTY (206) 364-7438,

<http://www.members.aa.net/~thearc>

Ask to speak with an advocate who can connect you with one of the Arc's parent support groups.

Washington PAVE ☎ 1-800-5-PARENT, V/TTY 1-800-572-7368

Program that provides parent training, advocacy and assistance. Also prints monthly newsletter with helpful information for parents who have a child with a special need. Programs throughout the state.

ö **Education** ö

King County school districts offer various services and programs that could benefit your family member. There are special education classes, family services programs, multi-lingual programs, and others. Some of these programs are specifically for persons who have special needs. There are pre-school programs for children age three to kindergarten. There are special education programs that serve children from kindergarten through high school. In this section you will also find listings of birth-to-three services, daycare, and early childhood programs. Read the lists of educational resources. If you think any of the programs would benefit your family member, call the appropriate telephone number and ask questions. But first, read the following tips.

Tips **Education**

1. In this section of your guidebook, you will find telephone numbers for the special education office in each school district in King County. Call the number for the school district in your community.
2. Ask what programs and services are offered in your school district.
3. Ask the school district to mail you any written information about programs that interest you.
4. Be aware that you might have to make several telephone calls to get all the information you need because there are several layers of educational service and no central starting point.
5. In most cases interpreter assistance is available upon request.
6. Do not limit your questions to only special education classes. Ask your school district about mainstream classes.
7. The website for the Office of Superintendent of Public Instruction (OSPI) at <http://www.ospi.webnet.edu> also gives resources and services information at the state level.

General Resources **Education**

Child Care Resources & Referral Line

Seattle ☎ (206) 461-3207, TTY (206) 461-4571

Bellevue ☎ (425) 865-9920, TTY (425) 747-6906

Kent ☎ (253) 852-3080, TTY (253) 850-1165

<http://www.childcare.org>

Provides information and referral for persons seeking child care resources.

Continued
General Resources
Education

Puget Sound Educational Service District (ESD) ☎ (206) 439-3636 or 1-800-664-4549,
TDD (206) 439-6966

<http://www.psesd.wednet.edu>

The following department and project within the Puget Sound Educational Service District may be helpful in your search for educational resources:

Special Services Department ☎ (206) 439-6916

The Puget Sound Educational Service District is a regional organization (King & Pierce Counties) that provides information and assistance to parents of children with special education needs.

Statewide Project for Infants and Toddlers with Hearing and/or: Vision Disabilities

☎ 1-800-572-7000, (206) 439-6925 V/TTY

Help ensure statewide educational services and support to families with children aged birth to three years old with sensory disabilities, and to the professionals who work with them. Lending library of 0-to-3 resources (e.g., books, videotapes, curriculum materials) available to families. Call for library list and/or information.

Family Educator Partnership Project ☎ 1-888-754-8798

New statewide project run by the Arc of Washington. Project will place parent educator coordinators in all Educational Service Districts (ESD) in state. Goal is to promote parent-educator partnerships. Publications of interest to parents will be available by 6/97. Call toll free telephone number to get on their mailing list.

Washington Literacy Hotline ☎ (206) 461-3623, (800) 323-2550

<http://www.waliteracy.org>

Leave name and number. Provides information and referrals for basic literacy classes.

King County Offices
Special Education

When a child becomes three years old the school system will begin to provide services. Each school district has a special education office which will assist with enrollment in special education and/or mainstream classes. Many districts also have family service programs, and multilingual programs. Following is a list of the special education offices in each school district in King County. School districts with websites may be accessed through the Puget Sound ESD site at <http://www.psesd.wednet.edu/psed/districts.html>

Auburn School District ☎ (253) 931-4927

Bellevue School District ☎ (425) 455-6066

Enumclaw School District ☎ (425) 825-6393

Federal Way School District ☎ (253) 941-0100, ext. 229

continued
King County Offices
Special Education

Highline School District ☎ (206) 433-2125, TTY (206) 433-2417

Issaquah School District (North-South) ☎ (425) 557-7090

Issaquah School District (I-90 Corridor) ☎ (425) 557-7085

Kent School District ☎ (253) 813-7513

Lake Washington School District ☎ (425) 828-3201

Mercer Island School District ☎ (206) 236-3325

Northshore School District ☎ (425) 489-6474

Renton School District ☎ (425) 204-2200

Riverview School District ☎ (425) 788-6610

Seattle School District ☎ (206) 298-7935

Shoreline School District ☎ (206) 361-4238

Skykomish School District ☎ (253) 677-2623

Snoqualmie School District ☎ (425) 888-2334

South Central School District ☎ (206) 901-8020

Tahoma School District ☎ (425) 432-4481

Vashon Island School District ☎ (206) 463-6001

Developmental Disabilities Resources
Birth to Three Education Services

In King County special services for children (birth to three years old) are provided through developmental centers. Referrals to child development centers are made by the state of Washington Division of Developmental Disabilities (DDD), Region 4. Child development centers in King County are listed below. Call the centers and ask them to send you information about the services that they offer.

Auburn

Muckleshoot Indian Tribe ☎ (253) 931-6709

Bellevue

Kinderling Center ☎ (425) 747-4004 or 1-800-833-6388, <http://www.kinderling.org>

Federal Way

Birth to Three Developmental Center ☎ (253) 874-5445

Kent

Children's Therapy Center of Kent ☎ Voice/TTY(253) 854-5660

continued
Developmental Disabilities Resources
Birth to Three Education Services

Renton

Valley Medical Center (Children's Therapy) ☎ (425) 228-3450, TTY 425-228-5176

Seattle

Boyer Children's Clinic ☎ (206) 325-8477, V/TTY, <http://www.boyercc.org>

Childhaven ☎ (206) 464-3923, <http://childhaven.org>

ECHI - UW, Children's Hospital and Medical Center ☎ (206) 528-5147

Hearing, Speech and Deafness Center ☎ (206) 323-5770, V/TTY, <http://www.hsdc.org>

Northwest Center Child Development Program ☎ (206) 286-2322 TTY (206) 286-2301

United Indians of All Tribes

Day Break Star Indian Cultural Center-Discovery Park ☎ (206) 285-4425

KWIAT Child Development Program ☎ (206) 781-7655

University of Washington Experimental Education Unit, Center for Human Development and Disability (CHDD) ☎ (206) 685-1242

Swedish Hospital Health Services (Pediatric Rehabilitation) ☎ (206) 386-6046,
<http://www.swedish.org>

Wonderland Developmental Center ☎ (206) 546-8416

Snoqualmie

Children's Services of Sno-Valley ☎ (425) 888-2777 or (800) 833-6388,
<http://www.cssv.org>

Culturally Specific Resources
Daycare and Early Childhood Education

This list does not contain all resources in King County. Call the Child Care Resources & Referral Line listed under General Resources in this section for information about other resources near your home.

Denise Louie Education Center ☎ (206) 621-7880

Multilingual staff, Chinese, Spanish, Tagalog, and Cambodian spoken.

El Centro de la Raza, Jose Marti Child Development Center ☎ (206) 329-8961,

TDD (206) 329-8961, <http://www.elcentrodelaraza.com>

Spanish spoken.

Muckleshoot Indian Tribe ☎ (253) 931-6709

Special Education for Tribal School.

The Refugee Women's Alliance ☎ (206) 721-0243

Daycare and Early Childhood Program, multilingual staff.

United Indians of All Tribes Foundation

Daybreak Star Indian Cultural Center - Discovery Park ☎ (206) 285-4425

KWIAT Child Development Program ☎ (206) 781-7655

ö ***Employment Opportunities*** ö

Finding employment opportunities for persons who have a developmental disability is difficult, but not impossible. Such a search will require many telephone calls and much paperwork. Indeed, to find a job for your family member you will first have to put patience and persistence to work. Many of the programs and services that exist specifically for people with developmental disabilities are sometimes filled to capacity. Many of the employment programs have waiting lists. However, in most cases a few openings do occur each year.

Tips ***Employment Opportunities***

1. Be aware of the types of jobs that your family member can do, so that you can talk about it with potential employers.
2. Start looking in your own community. Talk to managers at the places you frequent such as your community grocery store.
3. Consider friends or relatives who could provide employment.
4. If you belong to a social, business, or religious group, let group members know that you are seeking employment for your family member.
5. If your family member is eligible for services from the Division of Developmental Disabilities (DDD), referrals for job placement must go through your family member's Case Management Team or Case Manager. The agency that receives the referral has the option to either accept or reject the referral.
6. If your family member has been declared ineligible for services through the state Division of Developmental Disabilities, ask your Case Management Team or Case Manager for a list of employment programs within the Developmental Disabilities system. Call the employment programs that interest you and request information about the services they provide. If you decide that certain employment programs might be right for your family member, go visit them.
7. Ask your Division of Developmental Disabilities Case Management Team or Case Manager to refer your family member to employment programs whether or not there is an opening at this time. This way your family member can be placed on that employment program's waiting list.

General Resources

Employment Opportunities

Community Information Line ☎ (206) 461-3200, TTY (206) 461-3610, 1-800-621-4636

<http://www.crisisclinic.org>

Call for information about general employment services near your family member's home.

Division of Vocational Rehabilitation (Region 4, King County) ☎ (206) 720-3200 V/TTY (800) 622-1375 V/TTY

The Division of Vocational Rehabilitation (DVR) is a state and federal program which works with the community and businesses to develop employment opportunities for persons with disabilities. DVR provides the short term funding needed to help a person find a job and receive initial on-the-job training. Funding from both DVR and the Division of Developmental Disabilities (DDD) will usually be needed if an agency is to help your family member find and keep a job. Your family member will need to be signed up with both DVR and DDD. Interpreters available upon request.

Developmental Disabilities Resources

Employment Opportunities

Within the Developmental Disabilities (DD) system there are employment services available to adults with developmental disabilities. Adults with developmental disabilities who wish assistance with employment services must first be determined eligible for DD services. There are several types of employment services available within the Developmental Disabilities system. Your family member's Division of Developmental Disabilities Case Management Team or Case Manager will be able to assist you in deciding which type of employment opportunity will be right for your family member. Also, be aware that because of funding limitations, some of these programs do not have immediate openings.

Individual Employment -- This is when an agency or program assists your family member in finding a job within the community. Your family member will apply for, and be hired for a specific job in an organization. He or she will not be employed as part of a group of people with disabilities. Training and support will be available to assist your family member in learning the specific skills needed for that job.

Group Supported Employment -- This type of work is sometimes called an enclave or a mobile crew. It is when 3 or 4 people work as a group with a job coach at a single site in the community. Typical jobs might include janitorial work or restaurant work.

Specialized Industries -- These employment services used to be called sheltered workshops. This type of work is designed specifically for people with developmental disabilities. The work consists mostly of piece work (putting pieces of a product together) or contract work (such as packaging items for a department store) which is done at the specialized industries work site.

Community Access -- This service is an alternative to work and can be used as a pre-employment tool to build job skills.

continued
Developmental Disabilities Resources
Employment Opportunities

The following agencies provide work programs for persons with developmental disabilities.

Centerforce ☎ (425) 251-8970

Community Enterprises of Issaquah ☎ (425) 392-1812

Community Trades and Careers ☎ (206) 542-8605, TTY (206) 546-0305

Custom Industries ☎ (425) 643-0234, TTY Relay Service 1-800-833-6388

Eastside Employment Services ☎ (425) 453-0676, TDD (425) 453-0676

Highline Community College ☎ (206) 878-3710, ext. 3349, TTY (206) 870-4853
TTY Relay Service 1-800-833-6388
<http://www.highline.ctc.edu>

IAM-Cares ☎ (206) 764-0454, TDD (206) 764-0452

Industrial Skills ☎ (253) 852-3650

Independent Employment Services ☎ (206) 763-9298

Lighthouse for the Blind ☎ (206) 322-4200, TDD (206) 324-138

Mobile Crew Services ☎ (206) 762-2112

Northwest Center for the Retarded ☎ (206) 285-9140, TDD (206) 285-9140

Olympus Electronics ☎ (206) 243-2561, TDD(206) 587-5500

Puget Sound Personnel Services ☎ (425) 251-8085

Rios Employment and Counseling Services ☎ (253) 891-8463

Seattle Central Community College ☎ (206) 587-3813, TDD (206) 587-3813

SKCAC Industries ☎ (253) 395-1240, TTY Relay Service 1-800-833-6388

Sound Employment Services ☎ (206) 634-3459

Trillium ☎ (253) 735-1553, TTY Relay Service 1-800-833-6388

United Cerebral Palsy of King-Snohomish Counties ☎ (206) 363-7303

University of Washington / Employment Training Program ☎ (206) 543-6387,
TTY (206) 616-1396

VADIS NW ☎ (253) 863-5173

Washington State Employment Security ☎ (206) 720-3398

Work Opportunities, Inc. ☎ (425) 778-2156, TDD (425) 778-2156

Culturally Specific Resources

Employment Opportunities

Asian Counseling & Referral Service

Seattle ☎ (206) 695-7511, TTY (206) 695-7608

Belleuve ☎ (425) 562-2913

<http://www.acrs.org>

Skills training and job placement for refugees. Multilingual staff.

Chinese Information & Service Centre ☎ (206) 624-5633 or (425) 861-4211

All major Cantonese, Mandarin, and Cambodian spoken.

El Centro de la Raza, Frances Martinez Community Service Center ☎ (206) 329-7960

English as a Second Language training and job placement. Job Readiness training, placement and referral, on-site and at Downtown Satellite, (206) 443-0471.

Bilingual staff (Spanish).

Refugee Federation Service Center

Seattle ☎ (206) 725-9181

Kent ☎ (253) 852-5150

White Center ☎ (206) 762-4894

Several employment services. Multilingual staff.

Central Area Motivation Program (CAMP) ☎ (206) 329-4111 or (206) 722-2243

Employment counseling and self-help labor.

Employment Opportunities Center (Multi-Service Center)

International District ☎ (206) 587-2828, TDD (206) 587-5500

Rainier Office ☎ (206) 725-8200, TTY Relay Service 1-800-833-6388

Employment and training programs. Many languages spoken.

Seattle Urban League ☎ (206) 461-3792

Employment training, counseling and assistance.

Snoqualmie Tribe ☎ (425) 333-6551

Employment training and assistance.

United Indians of All Tribes Foundation ☎ (206) 325-0070

Ask for Employment Services Department. Job search and placement, basic skills training, and resume writing.

ö **Health Care** ö

There are many health care facilities in King County. Some are public, others are private. Not all of them have the necessary personnel to meet the needs of people with developmental disabilities. To find out about the facilities that will best meet your family member's needs, you usually will have to make several telephone calls. The purpose of these calls is to get answers that will apply specifically to your family member's situation. Read the following tips before you begin to make telephone calls.

Tips **Health Care**

1. When seeking any type of health care for your family member, always be prepared for paperwork. Before going to any hospital or clinic, call to find out about what medical records or documentation you will need for your family member.
2. If your family member has dental or medical insurance coverage, be aware of what costs your policy will cover.
3. Know whether you are legally qualified to sign paperwork for your family member.
4. When possible, shop around for the best price for the service your family member needs. The prices for similar services are not the same at all health organizations.
5. Federally funded clinics and hospitals are required to provide interpreter services. Call ahead to request that interpreter services be available at the time of your appointment.

General Resources **Health Care**

For a comprehensive lists of hospitals and clinics in King County contact:

Community Information Line ☎ (206) 461-3200, TTY (206) 461-3610, 1-800-621-4636

<http://www.crisisclinic.org>

Telephone workers assist in locating resources and provide detailed information about most agencies in King County.

Seattle-King County Public Health Department ☎ (206) 296-4600, TDD (206) 296-4600

The Public Health Department has satellite clinics throughout King County. Call them to find the clinic near you, or ask them to mail you their brochure that lists where the clinics are located.

Children with Special Health Care Needs Unit ☎ (206) 296-4610

This is a special unit of the Public Health Department that provides case management and coordination of care for children under the age of 18 with special needs. Call and ask them to send you their brochure.

continued
General Resources
Health Care

Community Health Centers of King County ☎ (425) 277-1311
TTY for all clinic locations 1-800-833-6358

Ask them to send you a list of their 6 medical clinics and 3 dental clinics located in King County (these clinics are located outside the city of Seattle).

Harborview Medical Center ☎ (206) 731-3000, TDD (206) 731-3246,
<http://www.washington.edu/medical/hmc/>
This is the only public health hospital in King County.

Community Health Access Programs ☎ (206) 284-5291, 1-800-756-5437
TTY Relay Service 1-800-833-6388. Assistance with medical and special needs referrals.
Children with special health care needs, including referrals for developmental screenings.

Developmental Disabilities Resources
Health Care

Here are a few examples of the resources that are available to individuals with disabilities.

Boyer Children's Clinic ☎ (206) 325-8477, TDD (206) 325-8477

Child Development & Mental Retardation Center (Pediatrics Clinic) ☎ (206) 543-3550

Children's Hospital & Medical Center ☎ (206) 526-2000, TDD (206) 526-2223

Hearing, Speech, and Deafness Center ☎ (425) 226-6111, <http://www.hsdc.org>

Valley Medical Center (Children's Therapy Unit) ☎ (206) 575-4715, TDD (425) 251-5176

Culturally Specific Resources
Health Care

Carolyn Downs Family Medical Center ☎ (206) 461-4587

International Community Health Services ☎ (206) 461-3235
Multilingual staff.

Muckleshoot Indian Health Services ☎ (253) 939-6648

Odessa Brown Children's Clinic ☎ (206) 329-7870

Sea-Mar Community Health Center ☎ (206) 762-3730
Spanish spoken.

Seattle Indian Health Board ☎ (206) 324-9360, TDD (206) 325-7804 or (800) 833-6384
<http://www.sihb.org>
Multilingual staff.

ö **Housing Options** ö

When locating housing for a family member who has a developmental disability, you must answer several questions. How independent is your family member? Does he or she need help with the activities of daily living? Are there any medical problems that require constant monitoring? How will the housing be paid for? After you have answered these types of questions, then you will be prepared to begin a housing search. Housing for persons who have a developmental disability can be difficult to find, so be prepared to exercise perseverance and patience. You might have to call the same place several times to get the information you need. Use the telephone numbers in this section as a starting point.

Tips ***Housing Options***

1. Get on waiting lists as soon as possible.
2. Have written information available for application process.
3. When asking about housing, discuss your family member's special needs, such as a wheel chair ramp, 24-hour supervision, special medical needs. Be realistic when describing the needs and behaviors of your family member.
4. The person who gets housing is the person who makes the most effort. You will have a better chance of securing housing for your family member if you make the necessary calls.
5. If your family is enrolled in the state Division of Developmental Disabilities (DDD), ask your Case Management Team or Case Manager for suggestions about housing.
6. Call one of the advocacy groups listed in this guidebook. Ask them for housing suggestions.
7. Be creative in your housing search, join a parent or advocacy group and talk with them about new ways to get housing for people with developmental disabilities.

General Resources ***Housing Options***

The housing resources listed in this general section provide facilities such as low-income houses and apartments. Most of these resources do not provide additional services.

U.S. Housing and Urban Development (HUD) ☎ (206) 220-5205 (main number-recorded)
☎ (206) 220-5140 (recorded message- leave your name and telephone number and request)
☎ (206) 220-5228 (questions about elderly & disabled issues)
<http://www.hud.gov>
HUD provides lists of privately owned, publicly subsidized housing units. Call and ask them to send you their list of HUD subsidized housing.

continued
General Resources
Housing Options

City of Renton Housing Authority ☎ (425) 226-1850, TDD (425) 255-8373

Provides low-cost housing for low-income people. Some units wheelchair accessible.

King County Housing Authority ☎ (206) 244-7750, TDD (206) 243-9223

Provides subsidized public housing for low-income people. Some units wheelchair accessible.

Seattle Housing Authority ☎ (206) 615-3340, TTY (800) 545-1833 ext. 589

<http://www.sea-pha.org>

Provides subsidized public housing for low-income people. Interpreters can be arranged for interviews.

Seattle Housing Resources Group ☎ (206) 622-2893

Affordable low to moderate Seattle area housing.

Urban League of Metropolitan Seattle (Housing Department) ☎ (206) 461-3792

Have list of low income housing in King County, must pick-up.

Developmental Disabilities Resources

Residential Support Services

Residential support services provide housing and support services. If your family member is eligible for services from the Division of Developmental Disabilities (DDD), contact your Case Management Team or Case Manager and explain your family member's need for residential placement. Also, you should know that the availability of housing options depend upon the current levels of state funding. Consequently, people requesting residential services may have a long wait. Which is another reason for you to try to find the housing resources you need yourself. This guidebook will help you do that. Start your resource search immediately. Remember, all of the resources in this guidebook are here to help you get started. Request a list of residential service providers from the state Division of Developmental Disabilities (Region 4). The DDD offers the following types of housing options in the community.

Supported Living - This type of living is sometimes called tenant support. People live in their own home or apartment and an agency staff person comes to the home to provide needed assistance with the activities of daily living.

Intensive Tenant Support Programs - A person with a developmental disability is visited and assisted with activities of daily living and medical needs. The resident also has access (by phone) to a program staff person (who lives nearby) 24 hours a day.

Group Homes - Provide 24 hour a day supervision, on site assistance with activities of daily living, and medical needs. Small groups of people with developmental disabilities live together.

SOLA (State Residential Living Alternatives) - Residential housing in the community run by the State of Washington Division of Developmental Disabilities for people leaving state institutions.

continued
Developmental Disabilities Resources
Residential Support Services

Adult Family Homes - Private homes licensed by Washington State to provide service to people who need assistance with the activities of daily living. Adult family homes differ in the type of care they provide, ranging from minimal assistance to heavy care. Ask your Division of Developmental Disabilities Case Management Team or Case Manager to recommend a few homes to visit.

Your housing search can start with the following agencies. Ask your Division of Developmental Disabilities (Region 4), Case Management Team or Case Manager to give you a current list of the residential service providers in King County. Here are a few examples of housing resources that might fit your family member's needs:

Creative Living Services, Inc. ☎ (206) 286-9002, TDD (206) 286-7585

Provides Supported Living and Intensive Tenant Support residential services for adults.

Housing Unlimited ☎ (206) 522-3099

A grassroots nonprofit corporation that has been formed to address the housing needs of low-income individuals with disabilities in King County. Open to all interested parties.

Puget Sound Residential Services ☎ (425) 255-3797, TDD (425) 277-6537

Provides Supported Living and Intensive Tenant Support residential services for adults.

Residence East ITS ☎ (425) 641-7845

Provide Intensive Tenant Support Services and group homes in East King County.

Total Living Concept ☎ (253) 854-7663, TDD (253) 852-0459

Provides group homes for adults with developmental disabilities.

United Cerebral Palsy ☎ (206) 440-2000, TDD 1-800-545-1833, ext.289,

<http://www.ucpks.org>

Ask them to send you their brochure describing their three types of residential services.

Culturally Specific Resources
Housing Assistance

The following resources do not own housing facilities. But they can help you locate housing for your family member. Here are a few culturally specific resources that you can use as a starting point in your search for housing.

International District Housing & Social Services ☎ (206) 623-5132

Housing assistance and information about tenant rights. Many Asian languages spoken.

Easter Seal Society ☎ (206) 281-5700 or (800) 678-5708, <http://www.seals.org>

Housing location service assists people with disabilities locate accessible, affordable housing.

El Centro de la Raza, Frances Martinez Community Service Center ☎ (206) 329-7960

<http://www.elcentrodelaraza.com>

Housing services in conjunction with case management seeking long-term stabilization for families and youth. Bilingual staff (Spanish).

ö **Information & Referral Services** ö

Information and referral services are information banks that will tell you where to locate a variety of community resources. This section of the guidebook is important because information is what you need to locate resources for your family member. The telephone numbers listed here can lead you to other information sources. When you call these telephone numbers, you will be in contact with people who have access to all types of community resources. These services are good places to start searching for community resources. Give them a try.

Tips **Information & Referral Services**

1. These are busy information lines, so be patient and persistent. You may get a busy signal. You may be put on hold. Or you may have to leave your name and telephone number so they are able to call you back.
2. Be specific about the information you are requesting.
3. It is better to ask about only one type of service each time you call.
4. Be persistent. You might have to make several calls in order to get all the information you need.
5. Remember, the people on the other end of the telephone sometimes may not be as helpful as you would like them to be. Call back later, or the next day.

General Resources **Information & Referral Services**

Child Care Resources (Information & Referral lines)

Seattle ☎ (206) 461-3207, TTY (206) 461-4571

Bellevue ☎ (425) 865-9350, TTY (425) 747-6906

Kent ☎ (253) 852-3080, TTY (253) 850-1165

<http://www.childcare.org>

Provides information for parents seeking child care resources.

Children's Hospital Resource Line ☎ (206) 526-2500

Pediatric nurses provide information & assistance about physician referrals and community services.

Community Information Line ☎ (206) 461-3200, 1-800-621-4636, TTY (206) 461-3610

<http://www.crisisclinic.org>

Healthy Mothers, Healthy Babies ☎ 1-800-322-2588, TDD 1-800-833-6384

Mayor's Office for Senior Citizens ☎ (206) 684-0500, TDD (206) 684-0702

Senior Information & Assistance ☎ (206) 448-3110, 1-800-972-9990, TDD (206) 448-5025

Developmental Disabilities Resources

Information & Referral Services

The Arc of King County ☎ (206) 364-6544, TTY (206) 364-7438
<http://members.aa.net/~thearc>

Deaf-Blind Service Center ☎ Voice/TTY (206) 323-9178
<http://www.ftgnet.com/dbsc>

Epilepsy Foundation of Washington ☎ (206) 547-4551, 1-800-752-3509, TTY 1-800-828-1140

United Cerebral Palsy (King & Snohomish) ☎ (206) 440-2220
<http://www.ucpks.org>

Washington Coalition of Citizens with disABILITIES ☎ (206) 545-7055, TDD (206) 632-3456,
<http://www.premier1.net/~wccd>

Washington Protection & Advocacy System ☎ (425) 776-1199 or 1-800-562-2702,
TTY (206) 720-0209 or (800) 905-0809
<http://www.halcyon.com/wpas>

Culturally Specific Resources

Information & Referral Services

Asian Counseling & Referral Service
Seattle ☎ (206) 695-7511, TTY (206) 695-7608
Bellevue ☎ (425) 562-2913, <http://www.acrs.org>
Multilingual staff.

Chinese Information & Service Center ☎ (206) 624-5663 or (425) 861-4211
All major Cantonese, Mandarin, and Cambodian spoken.

Consejo Counseling & Referral Service ☎ (206) 461-4880
Spanish spoken.

El Centro de la Raza, Frances Martinez Community Service Center ☎ (206) 329-7960
<http://www.elcentrodelaraza.com>
Spanish spoken.

Refugee Women's Alliance ☎ (206) 721-0243
Multilingual staff.

Sea-Mar Community Health Center ☎ (206) 762-3730
Spanish spoken.

United Indians of All Tribes Foundation ☎ (206) 285-4425

ö ***Mental Health Counseling*** ö

Not all mental health clinics have experience in counseling persons who have developmental disabilities, but there are some mental health facilities in King County that can be of help. Therefore, your patience will be needed when searching for mental health services. The following tips will assist you in your search for mental health support for your family member.

Tips ***Mental Health Counseling***

1. Most service systems are loaded with requests and are underfunded. So do not be discouraged if you are put on hold when you call to request information, or if you must talk with several different people within the same agency.
2. When making telephone calls to mental health facilities, be prepared to be as specific as possible about why you are seeking mental health counseling for your family member.
3. If your family member has previously received mental health counseling, have any information, records, or documentation in front of you when you begin calling.
4. If your family member has been determined eligible for services from the Division of Developmental Disabilities, ask your Case Management Team to assist you when seeking mental health services.
5. If cost is an important factor for your family member, start your search for mental health counseling with the telephone numbers listed in this guidebook before you call a private therapist.

General Resources ***Mental Health Counseling***

Asian Counseling & Referral Service

Seattle ☎ (206) 695-7511, TTY (206) 695-7608

Bellevue ☎ (425) 562-2913, <http://www.acrs.org>

Catholic Community Services ☎ (206) 328-5774

Children's Hospital & Medical Center ☎ (206) 528-2760, TTY (206) 526-5186 (Deaf Program)

Community House Mental Health Center ☎ (206) 322-2387

Community Psychiatric Clinic/ Mental Health North ☎ (206) 461-3614

Consejo Counseling & Referral Services ☎ (206) 461-4880

Downtown Emergency Service Center ☎ (206) 464-1570, <http://www.desc.org>

continued
General Resources
Mental Health Counseling

Evergreen Community Health Care ☎ (206) 215-2850, <http://www.evergreenhealthnet.org>

Harborview Mental Health Services ☎ (206) 731-3438, <http://www.washington.edu/medical/hmc/>

Highline/West Seattle Mental Health Center ☎ (206) 248-8226, TDD (206) 248-8235

Mentor Health Northwest (formerly Eastside Mental Health Center) ☎ (425) 827-9100,
1-800-828-1449, TDD (425) 803-5038

Northwest Behavioral Services/Northwest Mental Health Services ☎ (253) 351-2311,
TDD (425) 226-6068

Puget Sound Education Service District ☎ (206) 439-6916

Seattle Children's Home ☎ (206) 283-3300, TTY (206) 298-9659, <http://www.seattlechildrenshome.org>

Seattle Counseling Service for Sexual Minorities ☎ (206) 323-1768, 1-800-527-7683

Seattle Mental Health Institute ☎ (206) 324-2400, TDD (206) 324-6115

Therapeutic Health Services – Rainier Branch ☎ (206) 723-1980, <http://www.therapeutichealth.org>

Valley Cities Counseling & Consultation ☎ (253) 939-4005 TTY (253) 735-3354
<http://www.valleycities.com>

YMCA of Greater Seattle ☎ (206) 382-5003 TTY (206) 382-5346

Developmental Disabilities Resources
Mental Health Counseling

A few examples of the mental health centers with some experience in working with people with developmental disabilities are listed here.

Eastside Mental Health Center ☎ (425) 827-9100, 1-800-828-1449, TDD (425) 803-5038

Highline-West Seattle Mental Health Center ☎ (206) 248-8226, TDD (206) 248-8235

Community Psychiatric Clinic/Mental Health North ☎ (206) 461-3614, TDD 1-800-833-6388

Seattle Mental Health Institute ☎ (206) 324-2400, TTY (206) 324-6115 Community Network Program

Culturally Specific Resources
Mental Health Counseling

A few culturally diverse social service resources are listed here. Not all of these resources are licensed mental health agencies, but they can help you find culturally specific mental health services.

Asian Counseling & Referral Service

Seattle ☎ (206) 695-7511, TTY (206) 695-7608

Bellevue ☎ (425) 562-2913, <http://www.acrs.org>

Multilingual staff.

continued
Culturally Specific Resources
Mental Health Counseling

Chinese Information & Service Center ☎ (206) 624-5633 or (425) 861-4211
Cantonese, Mandarin, Cambodian spoken.

Consejo Counseling & Referral Service ☎ (206) 461-4880
Spanish spoken.

Korean Community Counseling Center ☎ (206) 784-5691

Muckleshoot Indian Health Services ☎ (253) 939-6648

Seattle Indian Health Board ☎ (206) 324-9360, TTY (206) 325-7804, <http://www.sihb.org>

Therapeutic Health Services – Rainier Branch ☎ (206) 723-1980,
<http://www.therapeutichealth.org>

United Indians of All Tribes Foundation

INA MAKU Family Program: ☎ (206) 325-0070

I-WA SIL Youth Program ☎ (206) 343-3111

ö **Personal Services** ö

There are three types of personal services that could benefit your family member. These useful services are Medicaid Personal Care Services, Chore Services, and Respite Care Services. Medicaid Personal Care Services, and Chore Services provide assistance such as personal hygiene, essential shopping, self-medication, and more. Respite Care provides relief for families or other caregivers of people with disabilities. Respite Care may be used for the temporary care or supervision of people with disabilities in substitution for the primary caregiver. Your family member must qualify for these services. Some personal services require medical coupons. To get these coupons, you need to see a financial worker at the Department of Social and Health Services (DSHS) Community Service Office (CSO) nearest your home.

Tips **Personal Care**

1. To find the Community Service Office (CSO) near your home, look in the white pages of your telephone directory in the state government section. The CSO offices are listed under Washington State.
2. If your family member is declared eligible for services from the Division of Developmental Disabilities (DDD), ask your Case Management Team or Case Manager to tell you about the various types of personal services, the requirements and limitations.
3. If your family member needs some support in order to live in the community, ask your family DDD Case Management Team or Case Manager to assist you to apply for Medicaid Personal Care Services for your family member.

General Resources **Personal Services**

Senior Information & Assistance ☎ (206) 448-3110 or 1-800-972-9990, TDD (206) 448-5025
Screens seniors for referrals to respite care. Case Managers will determine eligibility. Cost of care is based upon a sliding fee scale.

Catholic Community Services ☎ (206) 328-5774
Provide Medicaid Personal Care Services. Must be authorized by the State of Washington Division of Developmental Disabilities (DDD), unless private pay.

Evergreen Care Network ☎ (425) 899-5555, (425) 899-3200, 1-800-298-2442
<http://www.evergreenhealthnet.org>
Evergreen Community Health Care provides Medicaid Personal Care Services.

Fremont Home Care ☎ (206) 441-5686, TDD (206) 727-0380
Provide Medicaid Personal Care Services. Must be authorized by DDD, unless private pay.

Sea-Mar Community Health Center-Home Health Services ☎ (206) 764-4717
Provide Medicaid Personal Care Services. Spanish spoken. Must be authorized by DDD, unless private pay.

Developmental Disabilities Resources

Personal Services

Medicaid Personal Care services enable eligible people to remain in community residences through the provision of semi-skilled maintenance or supportive services. In order to receive Medicaid Personal Care (MPC) services your family member must qualify and services must be authorized by their Division of Developmental Disabilities (DDD) Case Management Team or Case Manager. The following are a few certified home care agencies that provide Medicaid Personal Care Services. These agencies recruit, train, and oversee their workers. Many individual providers are also available. Your family's DDD Case Management Team or Case Manager can help you find a suitable MPC service provider.

AAA Residential Services, Inc. ☎ (253) 941-9778

Provides Medicaid Personal Care and attendant care for children and adults.

Catholic Community Services ☎ (206) 328-5774

Fremont Personal Services ☎ (206) 441-5686, TDD (206) 727-0380

Evergreen Care Network ☎ (425) 899-5555, (425) 899-3200, 1-800-298-2442

<http://www.evergreenhealthnet.org>

Culturally Specific Resources

Personal Services

Asian Counseling & Referral Service

Seattle ☎ (206) 695-7511, TTY (206) 695-7608

Belleuve ☎ (425) 562-2913, <http://www.acrs.org>

Provides respite care to eligible adults (over 18) who are disabled. Multilingual staff.

Sea-Mar Community Health Center—Home Health Services ☎ (206) 764-4717

Spanish spoken.

Respite Care

Personal Services

AAA Residential Services, Inc. ☎ (253) 941-9778

Provides in-home respite care for children and adults with developmental disabilities.

Children's Hospital & Medical Center-Temporary Child Care Services ☎ (425) 747-7161

Provides respite care for children with developmental disabilities.

The Arc of King County, Respite Outreach Program ☎ (206) 364-6544 TTY 364-7438

<http://www.members.aa.net/~thearc>

The Arc will assist you in locating a respite care provider.

Volunteers of America-Senior Companion Program ☎ (206) 523-3565

<http://www.voa.org>

Seniors provide respite care for adults over 18 years old. Has a waiting list.

ö *Recreation & Leisure* ö

Both indoor and outdoor recreation and leisure activities are available for your family member in King County. There are many kinds of recreational resources that you might pursue. But it is up to you to locate the programs that will best suit your family member. In other words, to get what you need, you will have to do most of the searching yourself. You will have to make calls and ask questions. The good news is that there are some low-cost specialized recreation programs that might fit your family member's leisure needs. Before you begin calling to explore the many recreation and leisure resources listed in this guidebook, be sure to read the following tips. And remember, do not limit your search to the resources listed in this guidebook.

Tips ***Recreation & Leisure***

1. Call and ask city and county recreation departments to send you an activity brochure. If they send their information out only quarterly, ask to be placed on their mailing list.
2. If you are looking for a specific activity, ask specific questions. For example: What community center is close to my home? Is there a swimming pool near me? Are there any parks within walking distance of my home?
3. If your family member needs special assistance to participate in recreation activities, ask for information on specialized recreation programs.
4. Always ask if there is a fee waiver, or a scholarship program that will lower activity fees.

General Resources ***City Parks & Recreation Departments***

Parks and Recreation departments offer many free and low-cost leisure activities and classes including: exercise, arts & crafts, swimming, dances, games, and trips. The following cities have Parks & Recreation Departments. If you live in one of these cities call their number first.

Auburn Parks & Recreation Department ☎ (253) 931-3043
Specialized recreation program offered.

Bellevue Parks & Recreation Department ☎ (425) 455-6885
Specialized recreation program ☎ (425) 455-7686

Bothell Parks ☎ (425) 486-3256, ask for Parks & Recreation Dept.
Call for brochure about recreation program, information about accessible parks included.

Issaquah Parks & Recreation ☎ (425) 391-1008
General and specialized recreation programs. Call for brochure.

Kent Parks & Recreation Department ☎ (253) 859-3350
The Resource Center (specialized recreation) ☎ (253) 859-3599, TDD (253) 854-6587
A newsletter is available from the Resource Center. Call and ask to be placed on their mailing list.

continued
General Resources
City Parks & Recreation Departments

Kirkland Parks & Recreation ☎ (425) 828-1217, TDD (425) 828-2245
General & some specialized recreation.

Mercer Island Parks & Recreation ☎ (206) 236-3545, TDD (206) 236-7231
Call for specialized and general recreational activities brochure and parks brochure.

Mountlake Terrace Parks & Recreation ☎ (425) 776-9173
Offer specialized recreation program. Call for quarterly brochure.

Redmond Parks & Recreation ☎ (425) 556-2300
Specialized recreation ☎ (425) 556-2321

Renton Parks & Recreation ☎ (425) 235-2560, TDD (425) 277-4460
Brochures are not mailed. Call for distribution points. Has a specialized recreation program.

Seattle Parks & Recreation
<http://www.pan.ci.seattle.wa.us/parks/home/>

General Information Office ☎ (206) 684-4075, TDD (206) 233-7061
Ask them to send you the Park Guide which is a FREE brochure that lists all community centers, parks, and athletic fields in Seattle. For brochure of general activities in your area contact your local community center which will be listed in the Park Guide brochure.

Specialized Programs ☎ (206) 684-4950, TDD (206) 684-4950, (206) 684-4951 (senior citizens)
When requested, program will assist persons with disabilities to integrate into general activities.

Shoreline Parks & Recreation ☎ (206) 546-5041
General and specialized recreation programs.

Tukwila Parks & Recreation ☎ (206) 433-1857
General recreation program.

Woodinville Parks & Recreation ☎ (425)-489-2700
<http://www.woodinville-city.com>
General and specialized recreation programs.

King County Parks & Recreation Department

For information about recreation services offered throughout King County, call the office located in your area to request an activity brochure.

North District Recreation Office ☎ (206) 296-2964 V/TTY,
<http://www.metrokc.gov/parks/recguide/northd.htm>
Call for general activity brochure. Have specialized recreation.

South District Recreation Office ☎ (206) 296-4281 V/TTY
<http://www.metrokc.gov/parks/recguide/southd.htm>
Offers specialized recreation program.

Southwest District Recreation Office ☎ (206) 296-2956 V/TTY,
<http://www.metrokc.gov/parks/recguide/southw.htm>

ö *Senior Resources* ö

People who have developmental disabilities are living longer than ever before. This means that a person who has a developmental disability could easily live longer than parents, brothers, sisters, and other family members who have provided support and care. So, now is the time to start making arrangements for your aging family member to become involved with programs and agencies that are outside of your immediate family. This preparation will be worth your time and effort. Unfortunately, because the number of older persons who have developmental disabilities is growing so rapidly, there is a shortage of programs that are designed to serve them. So, you will be wise to begin your search for resources now.

Tips ***Senior Resources***

1. Contact your local senior center and ask them to mail you their monthly calendar of events. This information will describe senior center programs that your family member might enjoy.
2. Transportation is often a problem for seniors. If this is the case for your family member, look in the transportation section of this guidebook. Also, some senior centers provide transportation to and from their centers.
3. Your family member might qualify for the many discounts that are available for senior citizens. Always ask whether there is a discount for seniors.

General Resources ***Senior Resources***

Senior Services of Seattle-King County ☎ (206) 448-5757, TDD (206) 448-5025

Provides a variety of services in senior centers such as recreational activities, senior day care, hot meals, transportation, social work, health promotion, senior rights assistance, and more. Call for information on the programs and senior centers they run throughout King County.

SPICE Programs ☎ (206) 281-6298

Offer daily lunches. Activity programs, arts & crafts programs. Call for nearest location.

Developmental Disabilities Resources

Senior Resources

Community Based Support Systems Program ☎ (206) 524-5751

Provides senior services for people with developmental disabilities who live in North Seattle.

Eastside Adult Day Services ☎ (425) 867-1799 or (425) 837-3967

Provides senior services for people with developmental disabilities who live on the Eastside of King County.

Highline Community College, Community Integration Program / Senior Services

☎ (206) 878-3710, ext. 3349 TTY (206) 870-4853

<http://www.highline.ctc.edu>

Provides senior services for people with developmental disabilities who live in South King County.

Culturally Specific Resources

Senior Resources

Asian Counseling & Referral Service

Seattle ☎ (206) 695-7511, TDD (206) 206-695-7608

Belleuve ☎ (425) 562-2913

<http://www.acrs.org>

Day activities, homebound services, senior lunch program. Multilingual staff.

Chinese Information & Service Center ☎ (206) 624-5633 or (425) 861-4211

Senior day care, elderly assistance & case management. Cantonese, Mandarin & Cambodian spoken.

El Centro de la Raza, Frances Martinez Community Service Center ☎ (206) 329-7960

<http://www.elcentrodelaraza.com>

Senior program provides on-site meals with activities & home delivered meals. Spanish spoken.

International Drop-in Center ☎ (206) 587-3735

Senior services. Bilingual staff (Filipino)

Jewish Family Senior Services ☎ (206) 461-3240 or (425) 451-8512

<http://www.jewishinseattle.org/jfs/heart.htm>

Day program and other services available. Call for brochure.

Kokoro-Kai ☎ (206) 323-7100

Day program for Japanese elders and others. Bilingual program.

Muckleshoot Indian Health Services ☎ (253) 939-3311, ext. 255

Provide meals for seniors. Health services available at ☎(253) 939-3319

United Indian Elders Program ☎ (206) 322-5414

Provides nutrition and activity programs.

ö *Transportation* ö

Your knowledge of transportation services will determine whether your family member can take advantage of many beneficial programs in King County. Some transportation services have special low fares for persons over 65 years of age, or for persons who have a developmental disability. Your family member might qualify for a variety of transportation programs. Following is a list of public and private transportation resources. Read the list and call any of the transportation services that seem to best fit your family member's needs.

Tips *Transportation*

1. All public transportation programs require that you fill out paperwork to get passes or permits. Call and ask what type of documentation is needed to qualify.
2. Know what days of the week and what times you expect your family to need transportation.
3. Know whether you are requesting a one-time transportation service, or an ongoing transportation service.
4. Inform the transportation service if your family member needs special aid such as a wheelchair lift or other assistance.
5. When using special public transportation services (such as ACCESS Transportation) be sure your family member is ready and waiting when the vehicle arrives.
6. Special public transportation van services; suggest calling one week in advance to reserve a seat.

General Resources

Public Transportation Services

King County Department of Transportation: Metro Transit

Call the following offices of Metro Transit for assistance in your search for transportation resources, or check <http://transit.metrokc.gov>.

Rider Information ☎ (206) 553-3000, TDD (206) 684-1739

Provides schedule information for bus nearest you. Will also assist in planning your trip and can advise if your stop is accessible.

Customer Service Office ☎ (206) 553-3060, TDD (206) 684-2029

Call for information and application for a Regional Reduced Fare Permit. This card allows people to pay a lower fare on bus systems throughout the Puget Sound region and the Washington State Ferries. This program is for people who have a disability or who are 65 or older.

Accessible Services Section ☎ (206) 263-3113, TTY (206) 263-3116,

<http://transit.metrokc.gov/accessible/access.html>

Accessible Services manages the ADA Paratransit and Paratransit OPTIONS Programs; included are the ACCESS Transportation van service, taxi script program, and bus travel training. Call them for eligibility, registration, and service information. Program information is available in accessible formats and selected foreign languages. Metro Transit offers:

- 1) ***Paratransit OPTIONS Program*** ☎ (206) 263-3113, TTY (206) 263-3116
Available to King County residents who have a Regional Reduced Fare Permit, are age 18 or over, and have a low income. Registrants have the option of using ACCESS Transportation weekdays in the area where they live, or a subsidized cab fare program (Taxi Script Program) anytime, anywhere in King County.
- 2) ***ADA (Americans with Disabilities Act) Paratransit Program*** ☎ (206) 263-3113, TDD (206) 263-3116
Available to people age 5 and over who, because of a disability, are unable to ride a lift equipped Metro bus some or all of the time. There is no low-income requirement for this program. Registrants can use ACCESS Transportation anywhere in King County during the times, in the areas, and on the days Metro operates non-commuter bus service. People who use this program will need a special identification card. Even users of Metro's other programs, will need to fill out an application.

ACCESS Transportation

An advanced reservation door-to-door van service. Registrants must call the van reservation phone number in their area:

SOUTH: City of Seattle south of the Ship Canal (including South and West Seattle and King County areas of Burien, Des Moines, Renton, SeaTac and Tukwila).

☎ (206) 971-5522, TTY (206) 971-5520 (8 am to 5 pm daily)

NORTH: City of Seattle north of the Ship Canal, and King County areas not listed above.

☎ 1-800-201-8888, TTY 1-800-246-1646 (8 am to 5 pm daily)

Taxi Script Program ☎ (206) 263-3113, TTY (206) 263-3116

This program allows low income people to buy books of taxi script which may be used for discount taxi fares.

Private Taxi/Van Services

Transportation

There are many taxi, van, and cabulance services in King County. If you have purchased taxi script from Metro Transit and want to take a taxi be sure to ask the taxi service if they accept script when you call them. Cabulance service is generally private pay, be sure to ask them if they accept the script. The following transportation services are only few, consult the Yellow Pages for more options.

Yellow Cab ☎ (206) 622-6500

Must be able to transfer from collapsible wheelchair to automobile.

Farwest Taxi ☎ (Seattle) (206) 622-1717

Consult telephone book for area numbers throughout King County. Let dispatch know if you have a wheelchair. Must be able to transfer from collapsible wheelchair to automobile.

Cascade Cabulance Service ☎ (206) 767-1717, <http://members.aol.com/cabulance/index.html>

Private van service with wheelchair lift. Will transport anywhere in King County.

NW Transport Inc ☎ (206) 448-9225

Private van service with wheelchair lift and ambulatory service door-to-door. Will transport anywhere in King County.

Pierce-King Special Transport ☎ (253) 838-3522

Private cabulance service with wheelchair lift. Will transport in Pierce and King Counties.

Volunteer Services

Transportation

Volunteer Transportation for Seniors ☎ (206) 448-5740, TTD (206) 448-5025

Long distance: 1-800-282-5815

Senior Services of Seattle/King County. Volunteers use own cars to escort people 60 years or older. Call by Wednesday for following week's appointment.

ö *Additional Resources* ö

Many of the following publications are free or low-cost. Some are available in your local Public Library.

Books & Booklets

African-American Business Directory (1997) ☎ (206) 323-0534

Yearly publication prepared by the Black Dollar Days Task Force. Citizens Information Guide section contains some community resources. FREE if picked up, or approximately \$3.00 to mail.

A Guide To Adult Day Services (1997) ☎ (206) 461-3899

FREE guide from Washington Adult Day Services Association, available April '97.

CONTACT: A Directory of Ethnic Organizations in Washington State ☎ 443-1410

Available from the Ethnic Heritage Council. Cost is \$12.00 plus \$3.00 S & H.

Directory of Adult Family Homes ☎ 1-800-422-3263, TDD 360-493-2637

FREE book available from Washington State Department of Social & Health Services Adult Family Home Program. If you have access to a fax machine, call their automated **Resource Line** for updated Adult Family Home Directories by county or region, and by specific disabilities including developmental disabilities. ☎ 1-800-372-0186 (Resource Line)

Puget Sound Educational Service District: Guide to Services 1996-1997

☎ (206) 439-6947, TDD (206) 439-6966

FREE booklet outlining all services of this district. Includes special needs section.

The Integrity of Community Living: an orientation guide

☎ (206) 568-5700, TDD (206) 720-3325

FREE book, DSHS publication # 22-747(X). Call State (Region IV) Division of Developmental Disabilities.

The Resource Directory (1996) Evergreen Community Health Care

☎ (206) 215-2850, <http://www.evergreenhealthnet.org>

Cost is \$14.00. Comprehensive directory with a small chapter on Physical and Developmental Disabilities.

Where To Turn (pocket size version) &

Where To Turn PLUS: for Health, Welfare, and Recreation Services (larger book)

Crisis Clinic ☎ (206) 461-3210, TDD (206) 461-3610., 1-800-621.4636

Pocket size version is \$5.00, larger book (PLUS) is \$25.00. The online version is located at <http://www.ci.seattle.wa.us/crisisclinic/>.

A Family's Guide to Early Intervention Services in Washington State ☎ (206) 296-4665

FREE booklet available in English, Spanish, Russian, Cambodian, Chinese, Korean, Laotian and Vietnamese. Also available at this phone number are two FREE pamphlets: ***Parents Rights*** and ***It Can't Hurt to Ask***.

Newsletters

Coalition Connection ☎ (206) 545-7055, TDD (206) 632-3456,
<http://www.premier1.net/~wccd>
FREE newsletter produced by the Washington Coalition of Citizens with disABILITIES (WCCD). Call to be placed on their mailing list.

Connections ☎ (206) 363-7303
Call to be placed on the United Cerebral Palsy mailing list for the FREE Connections newsletter.

EAW NEWS ☎ (206) 623-4366, 1-800-752-3509, TTY 1-800-828-1140,
<http://www.cyberspace.com/~epilepsy>
FREE newsletter of the Epilepsy Association of Washington. Call to be placed on their mailing list.

Envoy ☎ (206) 324-1521, 1-800-562-2702, TDD 720-0209 or 1-800-950-2009
Washington Protection & Advocacy System FREE newsletter. Call to be placed on their mailing list.

Initiative: Ideas In Action ☎ (206) 343-0881
FREE newsletter published by the Washington Initiative for Supported Employment. Call to be placed on their mailing list.

NEWSource ☎ (253) 859-3599
Call City of Kent Parks & Recreation Department's Special Resource Center for their FREE newsletter called: *NewsSource*.

Parents and Friends Together for People with Deaf-Blindness ☎ (253) 854-7805
Call for a complimentary copy of this newsletter.

Senior Spotlight ☎ (206) 684-0500, TDD (206) 233-2778
FREE newsletter published by the Mayor's office for Senior Citizens. Call to be placed on their mailing list.

Sib to Sib
Write: Andrew Lanier, Sib to Sib Editor, c/o Rhoda Berlin, Little Red School House, P.O. Box 992, Lynnwood, WA 98046

Special Needs Info-Share Newsletter ☎ 1-800-442-7604
Call for complimentary copy of this newsletter.

The Starting Line: Early Intervention Training News ☎ (425) 820-2768
FREE newsletter published by the Infant Toddler Early Intervention Training Project. Call to be placed on their mailing list.

WATA Bulletin ☎ (206) 685-4181, TTY (206) 616-1396, 1-800-841-8345 Voice/TTY
Washington Assistive Technology Alliance FREE newsletter, produced by the University of Washington, Assistive Technology Center. Call to be placed on their mailing list.

ö ***Developmental Disabilities Offices*** ö

King County

King County Developmental Disabilities Division (KCDDD)

Department of Community and Human Services

821 Second Avenue, Suite 400

Seattle, WA 98104-1598

☎ (206) 296-5214, TTY (206) 296-5238, FAX (206) 205-1632

<http://www.metrokc.gov/dchs/ddd/>

Washington State Region 4 (King County)

Central Seattle Office

Division of Developmental Disabilities (DDD)

1700 East Cherry Street, N46-6

Seattle, WA 98122

☎ (206) 568-5700, 1-800-314-3296 or TTY (206) 720-3325

Fax (206) 720-3334

Eligibility: (206) 568-5724 or

Ages Birth to 3 (206) 284-0331 / 1-800-756-5437 (Kid Care)

South King County Office

Division of Developmental Disabilities (DDD)

1313 West Meeker, Suite 102, N-43-5

Kent, WA 98032

☎ (253) 872-6490, TTY (253) 872-2762

Fax (253) 872-2762

Washington State

Central Office

Division of Developmental Disabilities (DDD)

P.O. Box 45310, MS: 5310

Olympia, WA 98504

☎ (360) 902-8444, TDD (360) 902-8455

<http://www.wa.gov/dshs/ddd/index.html>